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ROYAL BURGH OF RUTHERGLEN



ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH

FOR THE YEAR

1968

BY

NAIRN R. COWAN

B.Sc., M.D., Ph.D., D.P.H., D.I.H.

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Public Health Department,
Rutherglen.

July, 1969

To the Provost, Magistrates and Councillors
of the Royal Burgh of Rutherglen and to
the Scottish Home and Health Department.

Mrs Hastie and Gentlemen,

I have the honour to submit the Annual
Report on the health of the Royal Burgh of Rutherglen in
accordance with Health and Welfare Services Circular No.
33/1968.

I wish to express my sincere thanks to all members of the
Town Council and in particular to the Convener and Mem-
bers of the Health Committee for their constant support and
interest; to other officials; and to the staff of the Public
Health and Welfare Departments.

I am, Mrs Hastie and Gentlemen,

Your obedient Servant,

NAIRN R. COWAN,
Medical Officer of Health.

REPORT

of the

MEDICAL OFFICER OF HEALTH

for the Year 1968

VITAL STATISTICS

Area of the Burgh	1,228 acres
Population estimated to middle of 1968	25,367
Density of Population per acre	20.7

	Corrected Numbers	Rate per 1000 of estimated Population
Live Births (including Illegitimate)	445	17.5
Live Births (Illegitimate)	30	6.7 (a)
Still-Births	14	31 (b)

Deaths—

All Causes	350	13.8
Tuberculosis	3	0.12
Malignant Neoplasms	75	2.96
Bronchitis and Pneumonia	30	1.18
Road Transport Accidents	—	—
Home Accidents	3	0.12
Under 1 Year	12	27 (c)
Under 4 Weeks	7	16 (c)

(a) Rate per 100 live births.

(b) Rate per 1,000 total births (including still-births).

(c) Rate per 1,000 live births.

POPULATION

The estimated population of 25,367 shows a decrease of 382 in relation to last year's figure.

BIRTHS

The number of births corrected for usual residence was 445, of which 241 were males and 204 were females. The corresponding birth rate of 17.5 may be compared with the rate of 18.7 for the large burghs.

Illegitimacy.—The number of illegitimate births in 1968 was 30, giving a rate of 6.7.

Still-births.—Still-births numbered 14, giving a still-birth rate of 31.

The still-birth rates for the past seven years were as follows:—

1961	1962	1963	1964	1965	1966	1967
25	13	18	18	12	9	19

The number of hospital births in the Rutherglen area by hospitals is as follows:—

Bellshill	217
Stobhill	5
Robroyston	7
St. Francis	19
Beckford Lodge	9
Calderbank	28
Redlands	1
Ross	12
Royal Maternity	29
Belvidere	38
Eastern District	18
Queen Mother	7
Hairmyres	21
								<hr/> 411 <hr/>

MARRIAGE RATE

264 marriages took place in the Burgh during the year, giving a rate of 10.4 per thousand of the population.

INFANTILE MORTALITY

The infantile mortality rate was 27 and the rates for the previous five years were—

1963	1964	1965	1966	1967
35	20	6	24	18

The causes of these deaths were—

	Male	Female
Infective Disease	1	1
Congenital Malformations	2	3
Birth Injuries, etc.	2	1
Other diseases peculiar to early infancy and immaturity unqualified	1	1
	<hr/> 6 <hr/>	<hr/> 6 <hr/>

DEATHS

In 1968 the total number of deaths registered in the Burgh was 130. There remains to be added 220 deaths of Burgh residents occurring outwith the Burgh. This gives a corrected total of 350 deaths which represents 184 men and 166 women.

The causes of deaths classified according to main systems were as follows:—

Diseases of circulatory system (including cerebrovascular disease)	200
Malignant tumours	75
Diseases of respiratory system	36
Diseases of the digestive system	8
Diseases of the genito-urinary system	6
Diseases of the nervous system	5
Death from accidents	3

MATERNAL DEATHS

There were no maternal deaths in the Burgh during 1968.

CARE OF EXPECTANT AND NURSING MOTHERS AND CHILDREN UNDER SCHOOL AGE

The Clinics provided by the Local Health Authority and the work undertaken are as follows:—

A.—Ante-Natal and Post-Natal Services.

The Local Authority provides one Clinic for Ante-Natal and one for Post-Natal care. The number of women who attended during the year for Ante-Natal examinations was 464 and for Post-Natal examinations 96. Of these numbers the new cases were 283 and 55 respectively, and the number who were hospital cases was 421 and 96 respectively. The total number examined during the year at these Clinics was 1,612. The number of sessions held with hospital staff in attendance was 52 for Ante-Natal and 52 for Post-Natal assessment.

During the year 39 Maternity Outfits were issued free.

The Gynaecological Clinic of the Western Regional Hospital Board held 45 sessions during the year and examined 270 new cases with, in addition, 316 repeat visits.

B.—Child Welfare Clinics in Local Authority Premises.

The number of children who attended once or more often during the year by year of birth was:—

(a) Born in 1968	351
(b) Born in 1967	327
(c) Born in 1966	354
(d) Born in 1963-65	299

One hundred and thirty sessions were held by the Medical Officer and 130 by health visitors.

The number of premises in use at the end of the year for sessions shown in Parts A and B above was one purpose built and one in church premises at Fernhill.

C—Child Welfare.

(1) The number of children referred to the family doctor or for specialist treatment or advice as a result of a medical examination by year of birth was—

Born in 1968	18
Born in 1967	20
Born in 1963-66	26

(2) The number of children on "At Risk" register at end of year, and who were receiving special supervision was as follows:—

Born in 1968	2
Born in 1967	7
Born in 1963-66	29

Immunisation and Vaccination.

Clinic sessions were held each week for the purpose of vaccination against smallpox and poliomyelitis, and immunisation against diphtheria and whooping cough. B.C.G. vaccination was carried out as required.

Early Ascertainment of Defects of Vision.

The staff keep in mind when coming into contact with young children in the district, day nurseries, or elsewhere, the importance of early referral of doubtful cases. In 1968 there were no such referrals.

Welfare Foods.

The distribution of welfare foods for the year has been as follows—

National Dried Milk—Full Cream	1,896 tins
Half Cream	Nil
Orange Juice	10,763 bottles
Cod Liver Oil	1,203 bottles
Vitamin A and D	240 packets

Distribution continues and the public takes full advantage of the service provided.

D—Dental Care.

The numbers treated during the year are shown in the following table—

	No. Inspected by Dental Officer during the year.	No. found to require treatment during the year.	No. accepting treatment during the year.	No. actually treated by Dental Officer during the year.
Expectant Mothers	34	34	34	34
Nursing Mothers	23	23	23	23
Pre-School Children	78	78	78	78

E—Mother and Baby Homes.

No provision of this nature is available in the Burgh.

F—Day Nurseries.

The Local Health Authority provides one Day Nursery, namely, the Rutherglen Children's Nursery, 41 Chapel Street, Rutherglen, the details of which are as follows—

- (1) The Day Nursery is not approved for training.
- (2) Number of approved places—

(a) 0-2 years of age	8
(b) 2-5 years of age	28
- (3) Number of children on register at end of year —

(a) 0-2 years of age	8
(b) 2-5 years of age	28
- (4) Average daily attendance during year—

(a) 0-2 years of age	8
(b) 2-5 years of age	20
- (5) Waiting list at end of year—

(a) 0-2 years of age	40
(b) 2-5 years of age	25

The total number of attendances for the year was 7,142, a decrease of 209 from last year's figure.

Within the Nursery the following infectious diseases occurred:—

- 1 case of chicken-pox;
- 11 cases of German measles;
- 21 cases of measles;
- 1 case of mumps.

Thirty-two children left during the year to go to school on reaching the age of five years.

F—Residential Nurseries.

There is no residential nursery in the Burgh

CERVICAL CYTOLOGY

The number of cervical smears carried out in 1968 were as follows in terms of age, marital state, and use of oral contraceptives and results:—

Age (years)	No.
Under 20	2
20-29	73
30-39	113
40-49	89
50-59	38
60 and over	15
Total	330
Married	315
Widowed	6
Single	8
Divorced	1
Use of oral contraceptives:—	
Nil	250
Used in past	33
Current	16
Not known	31
Smear results:—	
Negative	320
Suspicious	3
Positive	5
Unsatisfactory	2

MIDWIFERY SERVICE

The Work of the Domiciliary Midwife

1. The number of domiciliary confinements attended by midwives under National Health Service arrangements was 39 and all had a doctor booked.

The number of hospital (including private maternity home) booked cases where ante-natal care was carried out by the domiciliary midwife was nil.

The number of cases delivered in hospitals and other institutions but discharged and attended by domiciliary midwives was 25.

The number of midwives who made all, or nearly all, of their visits by car was three.

2. Premature births.

The number of premature births was 18, of whom 16 were born in hospital. Four were still-births.

Of the 18 premature births four died within 24 hours of birth.

Of the 18, one weighed 2lb. 3oz. or less; two were over 2lb. 3oz. up to and including 3lb. 4oz.; five were over 3lb. 4oz. up to and including 4lb. 6oz.; three were over 4lb. 6oz. up to and including 4lb. 15oz.; and seven were over 4lb. 15oz. up to and including 5lb. 8oz.

HEALTH AND TUBERCULOSIS VISITING

1—Number of home visits and cases—

Visited by Health Visitors, i.e., Certificated Health Visitors and others doing health visiting work		(1) Number of cases	(2) Number of visits
1	Expectant Mothers	102	142
2	Children born in 1968	445	1653
3	Children born in 1967	872	2315
4	Children born in 1963-66	2217	8645
5	School children	—	—
6	(a) Persons aged 65 and over ...	13	14
	(b) Persons included above who were visited at the special request of a general practi- tioner or hospital	8	8
7	(a) Mental Health: care and after- care	20	20
	(b) Persons included above who were visited at the special request of a general practi- tioner or hospital	—	—
8	(a) Other hospital aftercare ...	6	6
	(b) Persons included above who were visited at the special request of a general practi- tioner or hospital	7	7
9	Tuberculosis household	15	25
10	Other infectious diseases	32	40
11	Other	47	52
		<hr/> 3784	<hr/> 12927

2. The total attendances by Health and Tuberculosis visitors were 650 in local Health Authority Clinics and 220 in chest clinics.

The type of clinics were Ante-Natal, Post-Natal, Child Welfare, Immunization, Geriatric and Gynæcological.

HOME NURSING

Of 301 persons nursed during the year, 168 or 55.8 per cent. were aged 65 or over at first visit in 1968 and none were aged under 5 years. The total number of visits was 7,712.

DOMESTIC HELP

The number of part-time domestic helps employed at the end of the year was 84, and the number of households provided with home help was 219. These 219 households represented 173 aged 65 years or over on first visit in 1968, and the remainder aged under 65 years was composed of 18 chronic sick, 7 maternity, 2 mentally disordered, and 19 others.

VACCINATION AND IMMUNISATION

1—Number of persons primarily vaccinated against smallpox during the year:—

(a) Takes	245
(b) No Takes	—
(c) Not examined	—

2—Number of persons re-vaccinated against smallpox during the year:—

(a) Takes	110
(b) No Takes	—
(c) Not examined	—

3—Number who have completed a full course of primary vaccination or immunisation against:—

(a) Diphtheria	—
(b) Tetanus	—
(c) Pertussis	—
(d) Diphtheria and Pertussis	—
(e) Diphtheria and Tetanus	—
(f) Pertussis, Diphtheria and Tetanus	400

4—Number who received maintenance inoculations against:—

(a) Diphtheria	—
(b) Tetanus	—
(c) Pertussis	—
(d) Diphtheria and Pertussis	—
(e) Diphtheria and Tetanus	402
(f) Pertussis, Diphtheria and Tetanus	160

All means of publicity were employed to draw parents' attention to the need for vaccination and immunisation.

Poliomyelitis Vaccination.

The scheme for vaccination against poliomyelitis continues in the Burgh of Rutherglen. Information concerning the programme is carried by the local press, and through general practitioners, and others. The number vaccinated was as follows:—

Children born in 1968	69
Children born in 1967	255
Children born in 1966	23
Children born in 1965	5
Children born in 1964	3
Children born in years pre-1964	31
Reinforcing Doses	182

INFECTIOUS DISEASES

There is an increase in the number of notified cases of infectious disease from 30 in 1967 to 42 this year.

TABLE I
Monthly Incidence of Infectious Diseases, 1968

DISEASE	Jan.	Feb.	March	April	May	June	July	August	Sept.	Oct.	Nov.	Dec.	Total
Dysentery	-	-	-	-	-	-	-	-	2	-	1	2	5
Infective Hepatitis	1	-	-	-	-	-	-	-	1	-	1	-	3
Measles	-	-	-	-	-	-	-	-	-	1	1	1	3
Pneumonia	8	1	1	2	3	1	-	-	-	-	-	-	16
Scarlet Fever	-	-	-	-	2	-	-	-	-	-	-	-	2
Whooping Cough	-	1	-	-	1	-	4	2	1	2	2	-	13
Total	9	2	1	2	6	1	4	2	4	3	5	3	42

TUBERCULOSIS

TABLE 2

Deaths from Respiratory Tuberculosis, 1896-1968

	Number of Deaths	Mortality Rate per 1000 of Population
1896—1900	145	2.02
1901—1905	116	1.39
1906—1910	132	1.15
1911—1915	114	0.89
1916—1920	111	0.81
1921—1925	89	0.72
1926—1930	110	0.72
1931—1935	85	0.66
1936—1940	89	0.53
1941—1945	85	0.72
1946—1950	92	0.73
1951—1955	39	0.30
1956—1960	20	0.16
1961	2	0.09
1962	2	0.08
1963	—	—
1964	1	0.04
1965	4	0.15
1966	—	—
1967	1	0.04
1968	1	0.04

TABLE 3

Number of Cases Confirmed as Suffering from Tuberculosis, 1968

	AGE GROUPS									
	Under 1	1 and under 5	5 and under 15	15 and under 25	25 and under 35	35 and under 45	45 and under 55	55 and under 65	65 and upwards	Total
Respiratory:										
Males ...	—	—	—	1	—	1	—	2	2	6
Females ...	—	—	1	—	—	—	—	—	—	1
Total ...	—	—	1	1	—	1	—	2	2	7
<hr/>										
Non-Respiratory:										
Males ...	—	—	—	—	—	—	—	—	1	1
Females ...	—	—	—	—	—	—	—	—	—	—
Total ...	—	—	—	—	—	—	—	—	1	1

At the end of 1968 there were 252 persons on the tuberculosis register, and of that number 225 suffered from respiratory tuberculosis.

The distribution of new cases of tuberculosis over the various wards in the Burgh during the year 1968 is shown in Table 4.

TABLE 4

Wards	Respiratory Tuberculosis	Non-Respiratory Tuberculosis
Burnhill	2	1
Castle	1	—
Gallowflat	—	—
Stonelaw	—	—
Fernhill	4	—
	—	—
	7	1
	—	—

The number of respiratory cases resident in the Burgh who received treatment in sanatoria or other institutions during the year is shown in Table 5.

TABLE 5

	In Hospital on January 1	Admitted during the year	Discharged during the year	Died in Hospital	In Hospital on December 31
Under 15 years					
Male	—	—	—	—	—
Female	—	1	1	—	—
15-44 years					
Male	5	1	2	—	4
Female	2	2	2	—	2
45 years and over					
Male	5	11	10	—	6
Female	3	1	3	1	—
Total	15	16	18	1	12

B.C.G.

Thirty-five male and 40 female babies were vaccinated at birth.

Under the school B.C.G. programme, 35 males and 42 female school leavers were vaccinated.

CARE AND AFTER-CARE

Visitations by Health Visitors	80
Attendances at Dispensary	626
Patients granted free milk	1

Health Visitors carry out a comprehensive scheme of home visitations. This year 80 visits were paid to tuberculosis households. These visits are carried out regularly by the staff and their advice and help is always available to meet any problems which may arise.

Necessary equipment is made available permanently, or by way of loan.

Extra nourishment amounting to 1 pint of milk per day for active cases of pulmonary tuberculosis is provided. There is no hard and fast rule as to length of time an individual continues to receive milk, but in general the issue of milk stops when the tuberculosis process ceases to be active.

There is a special housing list for those suffering from tuberculosis.

Care of Spastics and Epileptics

Three children under school age attend a Day Centre for spastics.

Prevention of Break-up of Family Life

No action was taken under this heading.

Convalescent Home Provision

The Local Health Authority is a subscriber to a Convalescent Home. This permits the Medical Officer of Health to give those who are in need, a fortnight's holiday free of cost to themselves. This arrangement is most satisfactory and has been used especially in relation to the aged.

Chiropody Service

A chiropody service is provided by the Local Health Authority for people over pensionable age. The chiropodist is employed on a part-time basis for five 3-hour sessions each week.

A nominal charge of 1/6 is made for each visit but there is no means test and if an old person states that he cannot pay the charge the Medical Officer of Health may waive the 1/6 wholly or in part. Those who wish to do so may pay more than the 1/6.

THE CONSULTATIVE HEALTH CENTRE FOR OLDER PEOPLE

The work of this Centre continues unaltered

PREVENTION OF HOME ACCIDENTS

The Rutherglen Home Safety Committee was formed in October, 1958, and since that date this committee has held regular meetings within the premises of the Public Health Department, usually on Monday evenings at 7.45 p.m. A team of speakers has been formed to address local meetings on the subject of the prevention of accidents in the home. The public is further informed by the distribution of publicity material, comments in the newspapers, and local exhibitions.

COMMUNITY CARE

An adequate nursing and social work service is provided in Rutherglen for the after-care of patients discharged from general, geriatric and mental hospitals. When the hospital staff informs this department of a discharge, routine domiciliary visit is made together with assessment of need and its implementation.

HANDICAPPED CHILDREN

Supportive services for the mothers of severely handicapped children are provided by the staff of the Health and Welfare Departments.

RESEARCH

The Nutritional Study conducted in Rutherglen on behalf of the Department of Health and the Home and Health Department for Scotland was completed during the year. The data are at present being assessed.

DISABLED PERSONS

The number of disabled persons who were assisted in having their homes adapted or were given aids for the handicapped was as follows:—air ring, 5; back rest, 2; low bath, 4; bathrail, 1; bedcage, 1; bedpan, 16; commode, 5; door handles, 3; elbow crutch, 2; handrail, 3; invalid chair, 2; ramp, 1; shower, 1; stair aid, 1; tripod walking stick, 6; wash-hand basin, 3. The approximate cost of the above was £360.

HEALTH EDUCATION

The methods employed in dealing with health education continue on the lines of previous years. Talks on health were given to local organisations, some being arranged through the Scottish Council for Health Education, while others were given by the Medical Officer of Health or Health Visitors.

Smoking and Lung Cancer

Relevant publicity material was circulated to interested organisations.

MENTAL HEALTH SERVICES

The Mental Health Services now function in terms of our proposals formulated under the Mental Health (Scotland) Act, 1960.

Mental Disorders

(1) Turnover of Informal Patients for year ended 31.12.68.

					Male	Female	Total
Total at 31.12.67	32	52	84
Direct Admissions	23	27	50
From Detained Roll	7	10	17
					62	89	151
Discharged since	25	29	54
Died since	4	12	16
Total at 31.12.68	33	48	81

(2) Turnover of Detained Patients for year ended 31.12.68.

					Male	Female	Total
Total at 31.12.67	6	2	8
Direct Admissions	8	11	19
From Informal Roll	1	2	3
					15	15	30
Discharged since	4	—	4
To Informal Roll	7	10	17
Died since	1	—	1
Total at 31.12.68	3	5	8

Mental Deficiency

(a) Cases in Mental Deficiency Institutions are as follows:—

	M.	F.	Total
Kirklands Inst. for Mental Defectives ...	2	3	5
Birkwood Inst. for Mental Defectives ...	7	2	9
Larbert Inst. for Mental Defectives ...	1	—	1
St. Joseph's Inst. for Mental Defectives ...	2	—	2
Lennoxcastle Inst. for Mental Defectives ...	1	—	1
(b) Under Informal Supervision ...	4	2	6
	17	7	24

These 24 individuals are in the following age groups:

Years	No.
2 - 10	4
11 - 15	2
16 - 21	3
22 - 30	3
31 - 40	4
41 - 50	2
51 - 60	2
60 and over	4

Senior Occupational Centres

Eighteen mentally handicapped persons attend Senior Occupational Centres.

Short-Stay Holiday Home

Fourteen mentally handicapped persons were admitted to a short-stay holiday home during the year for a period of two weeks and one for a period of four weeks.

Residential Sheltered Workshop

One mentally handicapped male receives the benefit of this facility in Hansel Village, Symington, and one female in Epileptic Colony, Bridge-of-Weir.

BLIND PERSONS

At 1st January, 1968, the total number of blind persons registered in the Burgh was 50. Six new cases were registered during the year, 7 died, leaving a total of 49 cases on the Register at 31st December, 1968.

The blind persons fall into the following age groups:—

	1-17	18-29	30-39	40-49	50-69	70 and over	Total
Female	2	2	—	1	8	22	35
Male	1	1	—	—	6	6	14
	3	3	—	1	14	28	49

Twelve Blind persons were supplied with Free Travel Passes.

WELFARE SERVICE

(a) Residential Accommodation

At 1st January, 1968, there were 9 persons in residential accommodation outwith the Burgh, four were added to the roll and three died. At 31st December, 1968, the figure was 10.

	AGE GROUPS				Total
	51-60	61-70	71-80	80 and over	
"Bethania," Dunoon	—	—	2	—	2
"Craigholme," Bearsden	—	—	—	2	2
"Glencairn," Burnside	—	1	1	—	2
"Greenlea," Edinburgh	—	—	1	—	1
Mayburn House, Loanhead	—	—	—	1	1
Nazareth House, Kilmarnock	—	1	—	—	1
Tinto House, Glasgow	—	1	—	—	1
	—	3	4	3	10

BLAIRTUM PARK HOUSE

The admissions, discharges and deaths during the year 1968 were as follows:—

	M.	F.	Tl.
Number of residents at 31st December, 1967	12	13	25
Number of admissions during 1968	5	3	8
Number of discharges during 1968	—	1	1
	17	15	32
	M.	F.	Tl.
Number transferred to hospital	1	1	2
Number died	2	4	6
	3	5	8
Total number of residents at 31st Dec., 1968	14	10	24

(b) **Registration and Inspection of Disabled or Old Persons Homes.**

No action was taken under this heading.

(c) **Removal of Persons in Need of Care and Attention.**

No action was taken under this heading.

(d) **Care of Property.**

No action was required under this heading.

(e) **Interments.**

One case was dealt with under this heading.

22

FACTORIES ACTS, 1937 AND 1948 INSPECTIONS

Premises	Number on Register	Inspections	Number of Notices		Occupiers prosecuted
			Written	Verbal	
(i) Factories in which Sections 1, 2, 3, 4 and 6 are to be enforced by Local Authorities	10	10	2	—	—
(ii) Factories not included in (i) in which Section 7 is enforced by the Local Authority	99	87	15	2	—
(iii) Other Premises in which Section 7 is enforced by the Local Authority† (excluding out-workers' premises)	32	49	23	1	—
TOTAL	<u>141</u>	<u>146</u>	<u>40</u>	<u>3</u>	<u>—</u>

† i.e. Electric Stations [Section 103 (1)], Institutions. (Section 104) and sites of Building Operations and Works of Engineering Construction (Section 107 and 108).

The following Table gives particulars regarding cases in which Defects were found:—

Particulars	Number of cases in which defects were found			By H.M. Inspector
	Found	Remedied	To H.M. Inspector	
Want of Cleanliness (S.1) ...	21	21	—	—
Overcrowding (S.2) ...	—	—	—	—
Unreasonable temperature (S.3) ...	—	—	—	—
Inadequate ventilation (S.4) ...	3	3	—	—
Ineffective drainage of floors (S.6) ...	2	2	—	—
Sanitary Conveniences (S.7)—				
(a) Insufficient ...	9	10	—	1
(b) Unsuitable or defective ...	6	7	—	1
(c) Not separate for sexes ...	—	—	—	—
Other offences against the Act (not including offences relating to Outwork) ...	—	—	—	—
TOTAL ...	41	43	—	2

